



HOMEMADE SKIN CARE RECIPES

*A finished weekly calendar that turns
homemade skincare into a habit that runs
itself.*

CPC Skin Care

DIGITAL SELF-HELP GUIDE



The 7-Day Recipe Ritual

*A finished weekly calendar that turns
homemade skincare into a habit that runs itself.*

CPC SKIN CARE

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WELCOME

Before You Begin

You already know what to make. This is about when. Almost nobody abandons a homemade skincare routine because the recipes stopped working — they abandon it on a Tuesday at eleven at night, standing in the bathroom, too tired to decide whether tonight is a mask night or a toner night. So it becomes a nothing night. Then Wednesday becomes one too, and by the weekend the jars are at the back of a shelf. A routine that depends on a decision depends on energy, and energy is exactly what you do not have at the moment the routine needs you. This guide removes the decision entirely. Inside you'll find a finished seven-day calendar: which preparation goes on which morning and which night, what to make in a single Sunday session so the rest of the week takes about four minutes, and a shrunk version of every day for when life falls apart — because it will, and the routine has to survive that. You'll also find a simple way to track what your skin is actually responding to, so that in six weeks you're keeping the things that earned their place instead of guessing. One honest note before we begin: this is educational content, not medical advice. Homemade preparations are not sterile cosmetics — patch-test anything new, keep water-based batches in the

fridge with the date on the lid, and throw them out on schedule. If you have a painful, persistent or worsening skin condition, please see a licensed dermatologist rather than a calendar.

— *The CPC Skin Care Team*

HOW TO USE THIS GUIDE

Getting the Most From This Book

This is a practical book by design — but it isn't a race. The recipes work best when you make them one at a time and let each earn its place. Here's how to get the most from the pages ahead.

1

Read actively.

Every chapter ends with a *Try This* exercise and a set of *Key Takeaways*. The reading plants the idea; the exercise is what makes it yours.

2

Start small.

You don't need to make everything at once. Choose a single recipe, let it become genuinely easy, and only then add another.

3

Patch-test everything.

Skin is personal. A preparation that suits one face irritates another, so test on your arm for 24 hours before it ever touches your cheek.

4

Keep what works.

Some recipes will click for you and others won't — keep the ones your skin likes and quietly drop the rest.

Whenever you're ready, turn the page and let's begin.

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CHAPTER 1

Why Schedules Beat Willpower

There is a comfortable story that consistency is a character trait — that people with good skin simply have more discipline than you do. It is not true, and believing it is expensive. What those people usually have is a routine that asks them to decide almost nothing.

Every decision is a place to quit

Count the decisions in an unplanned routine. Should I do something tonight, or skip it? Cleanser or just water? Is it time for a mask? Which mask? Is that toner still good? Each one is small, and each one is a door marked exit. At eleven at night, after a long day, you will eventually walk through one of them.

A calendar closes the doors. Tonight is Wednesday, Wednesday is mask night, the mask is the clay one, and it is already in the cupboard. There is nothing left to decide, so there is nothing left to negotiate with yourself about.

A routine that depends on a decision depends on energy — and energy is exactly what you don't have at eleven at night.

The routine has to fit the worst day, not the best one

Most routines are designed on a Sunday afternoon by a version of you with time and enthusiasm. Then they are executed by a version of you with neither. If the plan only works on good days, it will run for about nine days and then stop, and you will conclude that you are bad at this.

So the plan in this book is built the other way round. Every day has a full version and a four-minute version, and both count. Doing the short version on a bad night is not failure — it is the plan working exactly as designed.

Consistency is what makes the recipes work at all

Skin renews on a cycle measured in weeks. A calming mask feels good the same evening, but the changes people actually want — steadier texture, less reactivity, fewer flare-ups — come from the same modest things repeated across

that cycle. Three brilliant nights followed by two weeks of nothing does not add up to anything.

This is genuinely good news, because it means the routine does not need to be impressive. It needs to be small enough that you will still be doing it in March. Everything in this calendar was chosen with that test in mind.

THE VERSION YOU DO WHEN EVERYTHING ELSE FAILS

The Two-Minute Baseline

YOU NEED

- Pre-made cleanser from the fridge
- Toner in a bottle by the sink
- Two drops of facial oil

METHOD

1. Cleanse for thirty seconds with lukewarm water.
2. Pat the toner over damp skin with clean hands.
3. Press in two drops of oil.
4. Go to bed. That night counts.

KEEPS Depends on the batch
— check your labels

PATCH-TEST Already patch-tested
when you made each item

Nobody. This is the floor, and the floor is always available.

Try This — Count Your Exits

Before changing anything, find out where your routine actually loses you.

1. Tonight, notice the exact moment you consider skipping. Write down the time.
2. Write down what the decision was: whether to start, or which thing to use.
3. Do it again tomorrow and the day after.
4. You will almost certainly find the same door, at the same hour, three nights running.

KEY TAKEAWAYS

- People with consistent routines usually have fewer decisions, not more discipline.
- Design the routine for your worst night, because that is the night it gets tested.
- Skin changes across weeks, so a small routine you keep beats a perfect one you drop.

The Sunday Batch Hour

One hour on Sunday is what makes the other six days take four minutes. This is the single highest-leverage habit in the whole system, and it is also the one people skip first, because its payoff arrives on Tuesday rather than immediately.

What you are actually making

The batch session produces the things that keep: a bottle of toner for the fridge, a jar of dry cleansing base that only needs water, and an oil blend that lasts months. Everything else in the week is either mixed fresh in two minutes or is one of those three, used as-is.

That split matters. Anything with water in it — tea, rice water, aloe, milk, fresh fruit — has no preservative and lives about three days in the fridge. Anything dry or purely oil-based is stable for weeks or months. Batch the stable things, mix the perishable ones fresh.

One hour on Sunday is what makes the other six days take four minutes.

The hour, step by step

Start by scalding your jars and bottles with boiling water and standing them upside down to dry completely, because trapped water shortens the life of everything you put in them. While they dry, blitz the oats into a fine powder and mix your dry cleansing base. Then brew the toner, let it cool fully, and bottle it. Last, mix the oil blend, which takes about ninety seconds.

Label everything with the name and the date you made it. Not the date it expires — the date you made it. Expiry dates get optimistic; made-on dates do not lie, and three days from Sunday is Wednesday whether you like it or not.

The mid-week top-up

Water-based preparations only last three days, so Wednesday needs a five-minute top-up: brew a fresh pot of toner, cool it, and swap the bottle. Bin what's left of the old one without inspecting it hopefully. It cost pennies.

If Wednesday is unreliable for you, an easy alternative is to halve the batch and make it every three days on whichever two evenings are calmest. The rhythm matters more than the day.

SIX DAYS OF CLEANSING FROM ONE JAR

The Sunday Dry Cleansing Base

YOU NEED

- 6 tbsp Base Oat Powder (see the foundation guide)
- 2 tbsp fine rice flour
- A dry, airtight jar

METHOD

- 1.** Make the Base Oat Powder as usual: blitz until no coarse flake is left, then sieve out any grit.
- 2.** Stir in the rice flour and pour into the scalded, fully dried jar.
- 3.** Each night, tip a teaspoon into your palm and add warm water to make a paste.
- 4.** Always take it out with a dry spoon — never a damp one.

KEEPS 6 weeks dry, in an airtight jar

PATCH-TEST 24 hours, mixed with water into a paste

Oat or gluten sensitivity — use all rice flour instead.

THREE DAYS OF THE DAMP STEP

The Week's Toner Bottle

YOU NEED

- 2 green tea bags
- 300ml just-boiled water
- 1 tsp vegetable glycerin

METHOD

1. Brew for five minutes and let it cool completely — not warm, cool.
2. Stir in the glycerin and pour into a scalded bottle.
3. Refrigerate and write the date on the lid.
4. Bin it on day three and brew the mid-week bottle.

KEEPS 3 days, refrigerated

PATCH-TEST 24 hours before first facial use

Anyone who reacts to tea. Discard at any change in smell or clarity.

SEALING, EVERY SINGLE NIGHT

The Month's Oil Blend

YOU NEED

- 3 tbsp jojoba oil
- 1 tbsp squalane or sunflower oil

METHOD

1. Combine in a small scalded dropper bottle.
2. Shake gently and store somewhere cool and dark, not on the windowsill.
3. Use two to three drops a night, pressed into damp skin.
4. One batch lasts most people six to eight weeks.

KEEPS 6 months, cool and dark

PATCH-TEST 24 hours on the inner arm

Skip any oil you have reacted to before.

Try This — Book the Hour

The batch session only works if it has a place in the week, like any other appointment.

1. Pick the calmest hour of your Sunday and put it in your phone calendar, repeating weekly.
2. Name the event something specific: 'Batch — cleanser, toner, oil'.
3. Set a second reminder for Wednesday: 'Swap toner bottle'.
4. Do the first session this week even if you only manage the toner.

KEY TAKEAWAYS

- Batch the stable things — dry powders and oils. Mix the water-based ones fresh.
- Label with the date you made it, not the date you hope it lasts until.
- Wednesday's five-minute top-up is what keeps the rest of the week honest.

The Morning Ritual

Mornings are short, and skin has different needs at seven in the morning than at eleven at night. The whole morning routine is three steps, takes about ninety seconds, and two of those steps are already made and waiting for you.

Rinse, don't cleanse

Your face has spent the night on a clean pillowcase doing repair work. There is very little on it that needs removing, and the oils that are there were produced deliberately. A full cleanse every morning strips that away and starts the day with a barrier that is playing catch-up.

Lukewarm water and clean hands is genuinely enough for most people. If your skin is very oily and mornings feel greasy, use the dry cleansing base but make the paste thinner than you would at night, and keep it to thirty seconds.

Everything else in this book supports your skin. Sunscreen protects the results of all of it.

The damp step, then the seal

While the skin is still damp from the rinse, pat on the toner from the fridge. Cold from the fridge is not a gimmick — it feels good, it takes down morning puffiness a little, and it makes the step something you look forward to rather than a chore.

Then two drops of the oil blend, warmed between the palms and pressed in. Press, do not rub. The whole point of the damp step is that the oil now has water underneath it to hold in place; applying oil to a dry face seals in very little.

The step no recipe replaces

Sunscreen goes on last, every morning, over everything you just did. This is the one part of the routine that cannot be made in a kitchen. Homemade sunscreen is genuinely dangerous — the mineral filters need industrial dispersion to protect evenly, and a batch mixed at home has no reliable protection factor whatever the recipe claims.

Buy it, use enough of it, and reapply if you are outdoors for hours. Everything else in this book is about supporting your skin. Sunscreen is about protecting the results of all of it.

EVERY MORNING, ALL SKIN TYPES

The 90-Second Morning

YOU NEED

- Lukewarm water
- Toner from the fridge
- 2 drops of the oil blend
- Your usual sunscreen

METHOD

1. Rinse with lukewarm water and clean hands. No cleanser needed.
2. Pat the cold toner over damp skin.
3. Press in two drops of oil while the skin still feels cool.
4. Apply sunscreen generously as the final step, every day.

KEEPS Toner: 3 days refrigerated · Oil: 6 months

PATCH-TEST Each component tested before it entered the routine

Never make sunscreen at home — buy a tested product.

SKIN THAT WAKES UP SHINY

The Oily-Morning Variation

YOU NEED

- 1 tsp Sunday Dry Cleansing Base
- Warm water
- Toner and oil as usual

METHOD

1. Mix a thin paste — thinner than the evening version.
2. Massage for thirty seconds only, then rinse with lukewarm water.
3. Toner on damp skin, then a single drop of oil.
4. Sunscreen last, without skipping it because your skin feels oily.

KEEPS Base: 6 weeks dry

PATCH-TEST 24 hours before first facial use

Dry or reactive skin — a water rinse is kinder.

Try This — Move the Bottle

The morning routine fails on logistics far more often than on motivation.

1. Put the toner bottle on the fridge shelf nearest the door, at eye level.
2. Put the oil and the sunscreen together, side by side, where you brush your teeth.
3. Do the routine tomorrow without touching a cleanser.
4. Notice at midday whether your skin feels tighter or better than usual.

KEY TAKEAWAYS

- A water rinse suits most mornings — a full cleanse strips work your skin did overnight.
- Toner on damp skin, then oil pressed in, in that order.
- Sunscreen is the one step no homemade recipe can safely replace.

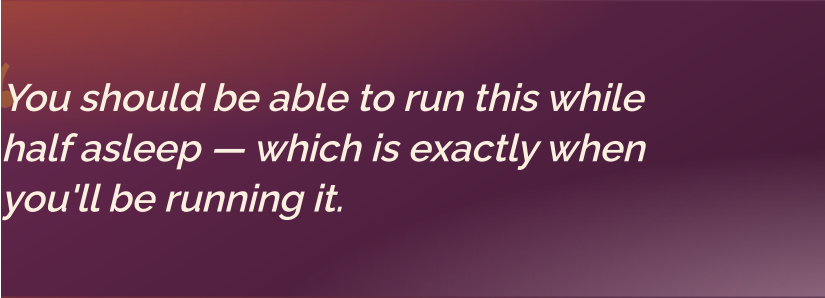
The Evening Ritual

The evening is where the real work happens, because skin does most of its repair overnight and because the evening is where the day actually needs removing. It is also the ritual most likely to be skipped, which is why it has been kept to four steps and why three of them take under a minute.

Remove the day properly

Sunscreen is designed to stay on your face through sweat and hours of wear, which means water alone will not shift it. An oil cleanse does, and it does it without any scrubbing: massage the oil over dry skin, then press a warm damp cloth to the face and wipe gently.

Follow with the oat paste if you wore heavy sunscreen or makeup. On a day when you wore neither, the oat paste alone is plenty. Two cleanses is a tool, not a rule — use it when the day earned it.



You should be able to run this while half asleep — which is exactly when you'll be running it.

Thin to thick, damp to sealed

The order is always the same and it comes from one principle: water first, oil last. Toner while damp, then anything treatment-like, then the seal. If you put oil on first, everything after it is sitting on top of a barrier you just built and cannot get through.

Wait a moment between layers — long enough for the previous one to stop feeling wet but not long enough for it to dry completely. Roughly the time it takes to put the lid back on the bottle.

Give the night something to work with

Two or three nights a week the evening ritual carries an extra step: a mask, a longer compress, or a richer balm on dry patches. That is the whole difference between the ordinary evening and the ones the calendar marks. It does not need to be more than that.

Everything else in the evening is the same four steps. The predictability is the feature. You should be able to run this while half asleep, which is precisely when you will most often be running it.

EVERY NIGHT, ALL SKIN TYPES

The Four-Step Evening

YOU NEED

- 1 tsp oil blend for cleansing
- 1 tsp dry cleansing base
- Toner from the fridge
- 2-3 drops oil blend to seal

METHOD

1. Massage oil over dry skin for 45 seconds, then remove with a warm damp cloth.
2. Mix the oat paste and cleanse gently for 60 seconds. Rinse lukewarm.
3. Pat toner over damp skin.
4. Press in two or three drops of oil while the skin is still damp.

KEEPS Per component — check your labels

PATCH-TEST Each component tested before entering the routine

Skip the second cleanse on days you wore no sunscreen or makeup.

FLAKING AROUND THE NOSE, CHEEKS OR BROWS

The Dry-Patch Balm Layer

YOU NEED

- A pea-sized amount of shea and oil balm
- Applied over the finished routine

METHOD

1. Finish the four steps as usual.
2. Warm the balm between fingertips until it turns liquid.
3. Press it only onto the dry areas — not the whole face.
4. Leave overnight and cleanse as usual in the morning.

KEEPS 3 months, cool and dark

PATCH-TEST 24 hours on the inner arm

Congestion-prone areas — keep the balm off the T-zone.

Try This — The Warm Cloth

One change makes the evening cleanse feel like a ritual instead of a task.

1. Keep two soft cotton cloths by the sink and use a fresh one each night.
2. Run one under hot tap water, wring it out, and press it to your face for five seconds before wiping.
3. Notice how much less you need to rub to remove everything.
4. Wash the cloths weekly, on hot, without fabric softener.

KEY TAKEAWAYS

- Oil cleanse removes sunscreen; water alone does not.
- Water first, oil last — that single principle sets the whole order.
- The extra step two or three nights a week is the only thing that varies.

CHAPTER 5

The Seven-Day Calendar

Here is the week itself. Print it, photograph it, put it inside a bathroom cabinet door. The point is not that this is the only possible arrangement — it is that you stop arranging it every night.

How the week is shaped

Sunday is the batch hour. Wednesday is mask night and the toner swap. Saturday is a slightly longer evening if you want one. The other four days are simply the morning and evening rituals, unchanged, which is the entire point of them.

Two variable nights a week is deliberate. It is enough to give the routine some texture and to let a clay mask do its work, and few enough that you never have to remember which night is which — there is a rhythm rather than a schedule to memorise.

The point isn't that this is the only possible week. It's that you stop arranging it every night.

Reading the week honestly

Monday and Tuesday: rinse, toner, oil, sunscreen in the morning; four steps at night. Wednesday adds the clay mask for congested areas and the oat mask everywhere else, and the toner bottle gets swapped. Thursday and Friday return to baseline.

Saturday, if you have the time, is a longer compress or a second mask. Sunday evening is short, because the batch hour already happened and your hands have done enough. If a day gets away from you entirely, run the two-minute baseline and move on without ceremony.

Changing the shape to fit your life

If Sunday is your busiest day, move the batch hour to Monday evening and shift the toner swap to Thursday. If you work nights, run the morning ritual when you wake and the evening ritual before sleep, whatever the clock says. The calendar is a shape, not a law.

What should not move is the principle: one batch session a week, one mid-week swap of anything water-based, two variable nights, and a floor version available every single day.

SETTING THE WEEK UP

Sunday — The Batch Hour

YOU NEED

- Scalded jars and bottles
- Oats, rice flour, green tea, glycerin, oils

METHOD

1. Scald and fully dry the containers first.
2. Make the dry cleansing base and the toner bottle.
3. Mix the oil blend if the last one is running low.
4. Label everything with the date and put the water-based bottle in the fridge.

KEEPS Sets up the following seven days

PATCH-TEST Only needed for anything new

Skipping it — the week gets three times longer without it.

THE MID-WEEK RESET AND THE TONER SWAP

Wednesday — Mask Night

YOU NEED

- 1 tbsp kaolin clay and 1 tbsp yogurt
- 1 tbsp oat powder and 1 tbsp honey
- A fresh pot of green tea

METHOD

1. Cleanse as usual, then apply clay to congested areas and the oat mask elsewhere.
2. Remove both at 8-10 minutes with a warm damp cloth, before either dries hard.
3. Finish with toner and oil.
4. Brew and cool the new toner bottle while the mask is on. Bin the old one.

KEEPS Masks: make fresh · New toner: 3 days

PATCH-TEST 24 hours before first use of either mask

Skip the clay entirely if your skin is currently reactive.

THE DAYS THAT FALL APART

Any Day — The Four-Minute Version

YOU NEED

- Dry cleansing base
- Toner
- Oil blend

METHOD

1. Cleanse for thirty seconds.
2. Toner on damp skin.
3. Two drops of oil, pressed in.
4. Stop there and count it as a completed day, because it is one.

KEEPS Per component

PATCH-TEST Not needed — nothing new

Nobody. This version is always allowed.

Try This — Put the Week on the Door

A calendar that lives in a book gets consulted twice. One on a cabinet door gets used.

1. Write the seven days on a card: Sun batch · Wed mask + swap · Sat long · rest baseline.
2. Tape it inside the bathroom cabinet door, at eye level.
3. Tick each evening for two weeks — just a tick, nothing elaborate.
4. At the end of two weeks, count the ticks. That number is your real routine.

KEY TAKEAWAYS

- Sunday batches, Wednesday masks and swaps, everything else is baseline.
- Two variable nights a week is enough texture — more becomes a schedule to memorise.
- Move the days to fit your life, but keep one batch, one swap and a floor version.

When Life Gets In The Way

You will drop this. Not maybe — you will. Illness, travel, a hard fortnight at work, a stretch where the bathroom mirror is the last thing you want to stand in front of. The routines that survive years are not the ones that never break. They are the ones with a written plan for the break.

The gap is not the problem

Two weeks off does not undo two months on. Skin does not keep a grudge; it simply returns to whatever its baseline is, and your baseline is better than it was. Nothing has been wasted, and there is nothing to make up for.

What actually causes damage is the response to the gap: the guilt, the decision to restart with something dramatic to compensate, three masks in four days, and a barrier that is now irritated on top of everything else. Restart at baseline, not at penance.

The routines that survive years aren't the ones that never break. They're the ones with a written plan for the break.

Travel, illness and the very bad week

For travel, take three things: a small jar of the dry cleansing base, the oil blend in a 10ml bottle, and your sunscreen. Skip the toner entirely — water-based preparations do not survive a warm suitcase, and a splash of water on the face before the oil covers the same principle well enough for a week.

For illness or a genuinely bad week, run the two-minute baseline and nothing else. No masks, no experiments, no new recipes. Skin under stress wants fewer inputs, not more, and this is the moment people most often make it worse by trying harder.

Coming back

The restart is one page long. Night one: baseline only. Night two: baseline only. Night three: baseline, and if everything feels calm, book the batch hour for the coming Sunday. Add the mask night back the week after that, not this one.

Three quiet nights before adding anything is the whole method. It gives you an honest read on where your skin actually is now, rather than reacting to how it looked on the worst day of the gap.

A WEEK AWAY, IN ONE SMALL BAG

The Travel Kit

YOU NEED

- Small jar of dry cleansing base
- 10ml bottle of oil blend
- Your sunscreen

METHOD

1. Cleanse at night with the paste, rinse lukewarm.
2. Splash the face with water and press in two drops of oil while damp.
3. Sunscreen every morning, generously.
4. Leave water-based preparations at home — they will not survive the trip.

KEEPS Base: 6 weeks · Oil: months

PATCH-TEST Nothing new — no test needed

Do not decant toner into a travel bottle and hope.

COMING BACK AFTER ANY GAP

The Three-Night Restart

YOU NEED

- Dry cleansing base
- Fresh toner batch
- Oil blend

METHOD

1. Nights one and two: baseline only, nothing added, no assessment in the mirror.
2. Night three: baseline again, then decide honestly how the skin feels.
3. If it is calm, book the batch hour for Sunday.
4. Add mask night back the following week, not this one.

KEEPS Brew a fresh toner batch before starting

PATCH-TEST Re-test anything that has been open a long time

Do not restart with a mask, an exfoliant or anything new.

Try This — Write the Restart Page Now

The plan for the bad fortnight has to exist before the bad fortnight does.

1. On the same card as your calendar, write: 'Back after a gap? Three baseline nights, then Sunday batch.'
2. Underneath it write: 'No masks in week one.'
3. Put the two-minute baseline in writing so it is never a judgement call.
4. Read the card the next time you have skipped three days in a row.

KEY TAKEAWAYS

- Two weeks off does not undo two months on — restart at baseline, not at penance.
- Travel with the dry base, the oil and sunscreen. Leave anything water-based at home.
- Three quiet nights before adding anything back gives you an honest read.

PUT IT INTO PRACTICE

Your Action Plan

The whole calendar on one page. Set the shape up once, and the week runs itself from there.

- ☐ Put a repeating 'Batch hour' event in your phone for the calmest hour of Sunday.

- ☐ Set a second repeating reminder for Wednesday: swap the toner bottle.

- ☐ Scald and fully dry two jars and one bottle before your first session.

- ☐ Make the dry cleansing base and store it airtight with the date on the lid.

- ☐ Brew the toner bottle, cool it completely, and refrigerate it with the date.

- ☐ Mix the oil blend and keep it somewhere cool and dark, not on the windowsill.

- ☐ Write the seven-day card and tape it inside the bathroom cabinet door.

- ☐ Move the toner to the fridge shelf nearest the door, at eye level.

- ☐ Keep the oil and the sunscreen side by side where you brush your teeth.

- ☐ Learn the two-minute baseline by heart — it is the version that saves the routine.

- ☐ Write the three-night restart plan on the same card, before you need it.

-
- ☐ Tick each evening for two weeks, then count the ticks and adjust honestly.
-

FINAL WORDS

Where You Go From Here

You now have the thing that separates a routine that lasts from a shelf of good intentions: a week that has already been decided. No deciding at eleven at night, no wondering whether tonight is a mask night, no starting over every third Sunday. Give it a full month before you judge it. The first week will feel like admin, the second will feel like a habit forming, and somewhere in the third you will notice you did the whole evening without thinking about it once — which is exactly the point. Keep the batch hour sacred and let everything else flex. Move the days around your life, shrink the ritual on the nights that need shrinking, and take the two-minute version without guilt whenever the day has taken everything else. And when you drop it — because you will — open the restart page, do three quiet nights, and carry on. That is not the routine failing. That is the routine being built to last.

Breathe. Begin. Return.

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